**Subscribing to a podcasting program**

A short and very simple introduction video on podcasting:

<http://www.commoncraft.com/video/podcasting>

RSS feeds provide frequently updated content published by a website. They are commonly used for news and blog websites, but are also used for distributing other types of digital content, including pictures, audio, or video. Feeds can also be used to deliver audio content (usually in MP3 format) which you can listen to on your computer or portable device. This is referred to as podcasting. Most podcast programs publish themselves as RSS Feeds. An RSS feed file is updated each time the podcaster publishes a new show. This file contains information that describes the program and each show that has been published for the program.

A feed can have the same content as a webpage, but it's often formatted differently. When you subscribe, Internet Explorer automatically checks the website and downloads new content so you can see what is new since you last visited the feed.

Podcast allows you to automatically receive the newest episodes of the shows as soon as they are available. To receive podcasts you have to subscribe to their channels. It’s similar to ordering a newspaper, the only difference is that podcasts are for free and you can unsubscribe at any time.

To subscribe to podcasts you need internet connection and podcast software which checks the availability of new episodes and downloads these automatically to your computer. In order to subscribe to a podcast, all you need to do is to tell your software program where the RSS feed file is. The program does all of the rest.

Select a podcast from the web, to which you would like to subscribe. When you click the podcast from the directory, a listing of shows will appear in the middle panel and an orange "RSS" image RSSi ikoon will appear to the right of the program description. Right-click on this image and select "Copy link location" from the popup menu in order to copy the feeds URL address into your clipboard. The wording in the menu may vary depending on the browser that you are using.

In cases of some software you can use a more convenient one-click subscription, for example some pages may have this link for iTunes where for subscribing you just have to click on the iTunes icon iTunesi ikoon.

To unsubscribe from a podcast find the podcast you want to unsubscribe from and push the "Unsubscribe", "Delete" or "Remove" button.

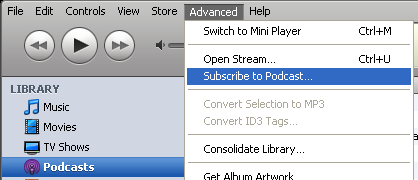
Two of the most popular “podcatching” software programs are iTunes and Juice. After subscribing to a podcast, new issues will be automatically downloaded to your computer.

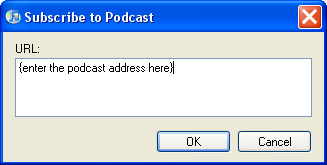
I tried using both of these programs, but experienced some problems with Juice as for some reason the podcasts to which I had subscribed to constantly failed to download. It might have been due to my computer, but for that reason I chose to give explanations of using iTunes for subscribing to podcasts. Nevertheless you can download Juice from <http://juicereceiver.sourceforge.net/index.php>.

I found iTunes very convenient and easy to use at podcasting. I also assume that many people already have iTunes in their computers. I have used iTunes for years, but I never knew about the podcasting possibilities it offers and about how many free podcasts there are available in iTunes Store. So for me it was a useful thing to learn.

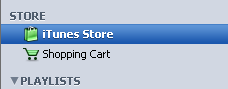
**Subscribing to podcasts via iTunes**

Download iTunes from: <http://www.apple.com/itunes/download/>.

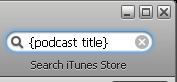
Run iTunes and select "Subscribe to Podcast" from the "Advanced" menu,   
  
then type or paste the podcast address in the "URL" field. The address should end with ".xml".



Click "OK", and the downloads begin immediately.   
**OR**   
go to the iTunes Store (from the menu on the left)



and enter the title of the podcast in the "Search iTunes Store" field (in the upper right corner), then hit enter on your keyboard.



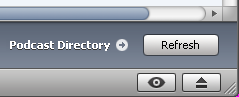
Then click on the "subscribe" button for the podcast, and the downloads begin immediately.



2. New and archived issues will automatically download into iTunes, or you can check for new issues manually by selecting "Podcasts" from the menu on the left



and clicking the "Refresh" button in the lower right corner.



3. To listen, sync your iPod or other mp3 player, or simply double-click on the track in iTunes.   
Once you subscribe, new issues will automatically download whenever you run the software.

There are many pages online offering free podcasts. I personally found <http://www.podcasting-station.com/> the easiest to use, but you can also check out <http://www.podcastalley.com/> and <http://www.podcast.com/>.